

**UPAC Positive Solutions Program
serves:**

- ◆ Homebound or socially isolated seniors (60+ years old)
- ◆ Seniors who are at risk of becoming depressed or with symptoms of depression
- ◆ All cultural backgrounds and ethnicities
- ◆ Resides in the County's Central, North Inland and North Coastal Regions

We have a multicultural and multilingual team to serve the community. Professional interpreters are used as needed.

Please Call:

(619) 238-1783

(760) 736-8373

OR

Fax referral form to:

(619) 238-1837

(760) 736-8815

 **POSITIVE
SOLUTIONS
program**

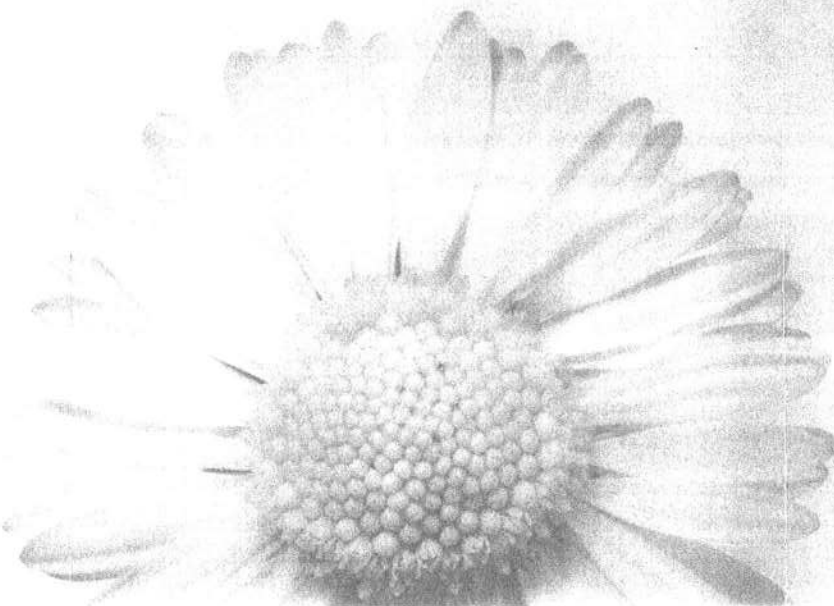
Central Region Office
9360 Activity Road, Suite-B,
San Diego, CA 92126.
Tel: (619) 238-1783
Fax: (619) 238-1837

North County Office
920 W. San Marcos Blvd., #3,
San Marcos, CA 92078
Tel: (760) 736-8373
Fax: (760) 736-8815

**The Union of Pan-Asian Communities (UPAC)
POSITIVE SOLUTIONS PROGRAM**



Funded by the



We Serve

PROGRAM GOALS & OBJECTIVES

The overall goal of the program is to provide outreach, mental health prevention and early intervention to homebound / socially isolated **seniors (60+)** who are at risk of becoming depressed or with minor depression from **all cultural backgrounds** in the **County's Central, North Inland and North Coastal Regions**

Positive Solutions Program is funded by County of San Diego, Mental Health Services Act, Prevention and Early Intervention.

Our objectives are to help seniors:

- ◆ Reduce feelings of isolation
- ◆ Increase social support
- ◆ Reduce and/or resolve depressive symptoms
- ◆ Reduce substance misuse
- ◆ Reduce medication misuse
- ◆ Increase and maintain individual self-sufficiency
- ◆ Increase the skills to cope with life challenges
- ◆ Reduce senior suicide attempts or completions
- ◆ Reduce or eliminate stigma of mental health issues and utilization of services

SERVICES

We provide the following services in home at **no charge**.

- ◆ Outreach to underserved isolated seniors
- ◆ Psychoeducation on depression (including causes, triggers, coping strategies, and **effective treatments**)
- ◆ Minimum **care management** to link individuals to appropriate resources
- ◆ Providing a problem solving intervention using **PEARLS** model (Program to Encourage Active Rewarding LiveS)



PEARLS includes 8 home visits over five months (session 1 - 3: weekly session; session 4 - 5: biweekly session; session 6 - 8: monthly session). Each hourly session includes the following emphasis:

Problem Solving Therapy

With collaboration between the staff and the participant, an action plan will be developed for a current/real-life problem.

Encourage Social, Physical and Pleasant Activities to improve quality of life.

PARTNERSHIP

We develop, implement, and operate the program in partnership with many community partners, using their in-home meal service drivers and other in-home workers as **"gatekeepers"** to assist in identifying older adults who are at risk of depression or are currently suffering depression.

TARGET POPULATION & SERVICE FOCUS AREA:

- ◆ Homebound / socially isolated seniors (60+) of all cultural backgrounds with depression or symptoms of depression.

Definition of Homebound

...difficulty getting out of one's home due to physical or mental health issues, and/or getting out less than 3 times a month for self-initiated recreational activities.

- ◆ **San Diego's Central Region:** (92101, 92102, 92103, 92104, 92105, 92113, 92114, 92115, 92116, 92139)
- ◆ **North Central Region:** (92037, 92038, 92093, 92106, 92107, 92108, 92109, 92110, 92111, 92116, 92117, 92119, 92120, 92121, 92122, 92123, 92124, 92126, 92130, 92131, 92140, 92145, 92161)
- ◆ **North County (North Inland and North Coastal)**